

GAPS Shopping List

Vegetables	Fruit / Nuts	General	Meats and Poultry
Artichoke (<i>French</i>) Asparagus Avocado Beans Dried white navy String beans and Lima beans Beets Beetroot Broccoli Brussel sprouts Cabbage (<i>green or purple</i>) Cauliflower Carrots Celeriac Celery Chillies Collard greens Cucumber Eggplant Garlic Ginger Kale (<i>form of cabbage – leafy</i>) Lettuce Lima beans (<i>dried and fresh</i>) Mushrooms Olives (<i>preserved without sugar or any other non- allowed ingredients</i>) Onions Peas (<i>fresh green, dried or split</i>) Peppers (<i>capsicum</i>) all colours Pumpkin (<i>butternut</i>) Spinach Squash Tomatoes Turnips (<i>purple & white</i>) Watercress (<i>leafy green</i>) Zucchini	Apricots fresh or dried Apples Banana (<i>ripe with brown spots</i>) Berries (<i>All kinds</i>) Capers Cherries Coconut (<i>fresh including milk</i>) Custard Apples Dates (<i>fresh - dried no additives</i>) Grapefruit Grapes Kiwi-fruit Kumquats Lemons Limes Mangoes Melons Nectarines Oranges Papayas (<i>PAW PAW</i>) Peaches Pears Pineapples (<i>fresh</i>) Rhubarb Satsuma (<i>citrus fruit</i>) Tangerines Ugly fruit (<i>citrus fruit</i>)	Almond butter (<i>no additives</i>) Almond Meal Almond oil Apple cider vinegar Avocado oil Canned fish (<i>in oil or water only</i>) Coconut (fresh or dried) Coconut oil Epsom salts Eggs Himalayan salt / Celtic salt Honey (<i>Natural</i>) Nut Flour (<i>almond or cashew</i>) Olive Oil (<i>cold pressed, organic, extra virgin</i>) Peanut butter (<i>No additives</i>) Pepper black/white/red or pepper corns Pickles (<i>without sugar or any other non-allowed ingredient</i>) Prunes (<i>dried without any additives or in their own juice</i>) Raisins (<i>dried without any additives or oils</i>) Tomato Puree (<i>pure - without any additives apart from salt</i>) Vinegar (<i>white</i>)	Lamb <ul style="list-style-type: none"> Leg (2 – 2.5 Kilos) Mince / sausages Pork <ul style="list-style-type: none"> Shoulder (2 – 2.5 Kilos, with skin scored) Mince / sausages Duck <ul style="list-style-type: none"> Whole / legs Chicken <ul style="list-style-type: none"> Whole Mince Breast Beef Turkey Goat <ul style="list-style-type: none"> Leg Topside Organ Meats <ul style="list-style-type: none"> Liver Kidney Stock / Soup Bones <ul style="list-style-type: none"> Marrow bones cut in halves Joint bones Chuck soup bones (spine bones) Lamb neck Pheasant / Pigeon /Quail
	Nuts	Cleaning / hygiene	Sausages
	(<i>all kinds freshly shelled, not roasted salted or coated</i>) Cashew nuts (<i>fresh or raw only</i>) Chestnuts Hazelnuts Peanuts (<i>fresh or roasted in their shells only</i>) Pecans Walnuts Pine nuts	All purpose spray & wipe Bi-carb soda Dish liquid (<i>eco friendly</i>) Lemon oil Olive Oil Vinegar (<i>home brand</i>) Wash powder (<i>eco friendly</i>)	Make sure specially made sausages do not contain flour or flavour enhancer MSG (<i>mono-sodium glutamate</i>). Sausages should be made from pure meat. You may need to provide the butcher with almond meal or pumpkin meal to help bind the sausages. Other tasty ingredients include salt, pepper, garlic, onion and fresh organic herbs. Garlic and salt are natural preservatives. Liver is also good to add to your sausages. Ask the butcher to add extra fat to your sausages. Eat as much of the fat as possible to assist with absorption and digestion. Meat can be fresh or frozen. Avoid cryvac or vacuum packed meats. Organic meat must be used within 24 hours or frozen asap.
Herbs	Dairy	Beverages	
<u>Fresh or homemade dehydrated:</u> Cayenne pepper Cinnamon Citric acid Coriander (fresh or dried) Dill (fresh or dried) Nutmeg Oregano Parsley	Asiago cheese Camembert cheese Cheddar cheese Colby cheese Cottage cheese (<i>un-creamed - dry cured</i>) Edam Cheese Havarti Cheese Limburger cheese Monterey (<i>Jack</i>) cheese Organic butter Parmesan cheese Prot du Salute cheese Roquefort cheese Romano Cheese Stilton cheese Swiss cheese Yoghurt (<i>homemade</i>)	Almond Milk Alcohol-Scotch (occasionally) Coffee (<i>week, freshly made and not instant</i>) Juices (<i>freshly pressed at home made from fruit and vegetables</i>) Tea (<i>Herbal or week, freshly made and not instant</i>) Tomato Juice (<i>pure - without any additives apart from salt</i>) Vodka (<i>very occasionally</i>) Wine (<i>dry, red or white</i>)	
Seeds		Fish	
Mustard Seeds (pure powder & gourmet types without any non-allowed ingredients) Sunflower seeds Sesame seeds Flax seeds		Fresh fish Try to choose oily fish like mackerel, anchovies, salmon, sardines, fresh tuna, black cod, Shellfish (<i>fresh or frozen</i>)	Name: _____ Address: _____ Ph: _____ Web site: _____ Organic Fruit and Veg Name: _____ Address: _____ Ph: _____ Web site: _____